This listing of claims will replace all prior versions, and listings, of claims in the application:

#### Listing of Claims

- 1. (Previously presented) A sanitary product for insertion into a radial wearable absorbent plug and a description and internally wearable absorbent plug and joined to one another by a sheath that opens through the past and is resiliently expandable in a radial direction, but not in a longitudinal direction, such that a wearer's finger can be received in the sheath to assist insertion.
- 2. (Previously presented) The sanitary product of claim 1, wherein the sheath is liquid impermeable in a direction from the outside of the sheath.
- 3. (Previously presented) The sanitary product of claim 1, wherein the sheath comprises a tube of liquid limit meable material.
- 4. (Figure 1) The sanitary product of claim 1, wherein the pad comprises an absorbent layer and a liquid impermeable backing sheet.
- 5. (Previously presented) The sanitary product of claim 3, wherein the pad comprises an absorbent layer and a liquid impermeable backing sheet and the backing sheet is integral with the liquid impermeable material of the sheath.

6. (Previously presented) The sanitary product of claim 1, wherein the sheath passes liquid along its length from the plug to the pad.

7. (Previously presented) The sanitary product of claim 1 prein the sheath comprises a tube of absorbent material.

8. (Previously presented) The sanitary production claim wherein the shear comprises a tube of liquid impermeable material inside a tube of absorbed material.

9. (Previously presented) The sanitary production 1, wherein the sheath is flexible.

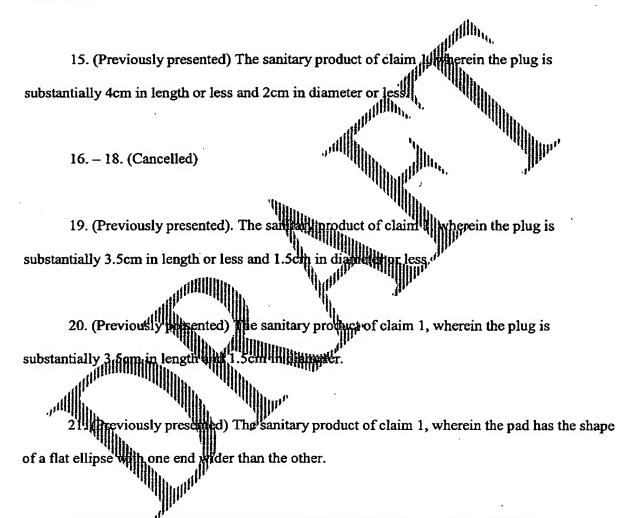
10. (Previously in sented) the sanitary production claim 1, wherein the sheath has a smaller diameter than that of the plug.

12. (Previously seemed) The sanitary product of claim 1, wherein the sheath extends for substantially 2.5 cm between an end of the plug and a surface of the pad closest to the plug.

13. (Previously presented) The sanitary product of claim 1, further comprising a cord attached to the plug to assist removal of the plug from the vagina.

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14. (Original) The sanitary product of claim 13, wherein the cord extends along the inside of the sheath.



22. (Previously presented) The sanitary product of claim 1, wherein the pad is substantially 6.5cm long and 5.5cm wide.

23. (Previously presented) The sanitary product of claim 1, wherein the pad is substantially 0.5cm thick.

24. (Cancelled)

25. (Cancelled)

26. (Cancelled)

27. (New) A method of using a same approduct according to claim 1 comprising

inserting a finger into the sheath and pushing the plugling the vaginal orifice

